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1. An angiotensin converting enzyme inhibitor, which is a composition containing a mixture of a plurality of peptides obtained by digesting fish meat with thermolysin enzyme, and wherein a content of a polypeptide ingredient having a molecular weight of at least 5000 is at most 10 % by weight with respect to a solid portion of the composition.

2. An angiotensin converting enzyme inhibitor according to Claim 1, wherein the composition containing a mixture of a plurality of peptides comprises at least one selected from the group consisting of

Ile-Tyr (SEQ. ID. NO. 2),

Phe-Gln-Pro (SEQ. ID. NO. 3),

Ile-Leu-Tyr (SEQ. ID. NO. 4),

lle-Tyr-Ala (SEQ. ID. NO. 5),

Ile-Lys-Trp (SEQ. ID. NO. 6),

Leu-Lys-Tyr-Pro (SEQ. ID. NO. 7),

Ile-Val-Arg-Asp (SEQ. ID. NO. 8),

Leu-Lys-Pro-Asn-Met (SEQ. ID. NO. 9),

Ile-Trp-His-His-Thr (SEQ. ID. NO. 10),

Ala-Leu-Pro-His-Ala (SEQ. ID. NO. 11),

Ile-Lys-Pro-Leu-Asn-Tyr (SEQ. ID. NO. 12),

Asp-Tyr-Gly-Leu-Tyr-Pro (SEQ. ID. NO. 13), and

Ile-Val-Gly-Arg-Pro-Arg-His-Gln-Gly (SEQ. ID. NO. 14)

- 3. An angiotensin converting enzyme inhibitor of Claim 1, wherein the fish meat is a dried fish.
- 4. An angiotensin converting enzyme inhibitor of Claim 2, wherein the fish meat is a dried fish.

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- 5. An angiotensin converting enzyme inhibitor of Claim 1, wherein a residue from extraction of the dried fish with boiled water is used as the fish meat.
- 6. An angiotensin converting enzyme inhibitor of Claim 2, wherein a residue from extraction of the dried fish with boiled water is used as the fish meat.

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- 7 An angiotensin converting enzyme inhibitor of Claim 3, wherein the dried fish is a dried bonito.
- 8. An angiotensin converting enzyme inhibitor of Claim 4, wherein the dried fish is a dried bonito.
- 9. An angiotensin converting enzyme inhibitor of Claim 5, wherein the dried fish is a dried bonito.
- 10. An angiotensin converting enzyme inhibitor of Claim 6, wherein the dried fish is a dried bonito.